

5-4-3-2-1

GROUNDING TECHNIQUE

5 things you can see

Take a look around and name FIVE things you can see. As you name each, observe something really specific about it (e.g., that flower fades from dark pink into the palest pink in the middle; the surface of the spacebar on this keyboard is smooth from where I've tapped it so many times).



4 things you can touch

Notice and touch FOUR things close to you. If you can, pick them up. Feel the weight of them in your hand and the texture beneath your fingers - is they smooth, rough, soft, hard. Touch also includes the sensation of things you can feel, like the sunshine on your skin, the fabric of your clothes, the weight of a blanket on your body. Are you warm, comfortable?



3 things you can hear

Listen out for the sounds around you. Identify THREE individual sounds you can hear, e.g., the birds outside, the cars driving past, others talking around you, ring tones, laughter in the distance, rain on the roof. Are the sounds gentle or harsh, loud or quiet?



2 things you can smell

Smells can be a bit less obvious, so you may need to move from your current position. Notice TWO scents. If you're at home, try smelling something like a stick of deodorant, a scented candle, or fresh laundry. If you're outside, try smelling the air, a flower, or newly mowed grass.



1 thing you can taste

Become aware of ONE taste. If you have something you can eat, take a bite. If not, imagine a taste - a piece of gum, something spicy, something aromatic. Notice any reactions you have, like your mouth watering or what you particularly like or dislike about the taste.



